

## 如果您确诊患有COVID-19，该怎么做

### 居家隔离：

- 除外出就医外，否则不得离开家。在前往医疗保健提供者处或急诊室就诊之前，请提前致电。
- 大多数轻症患者可以在家中治愈。虽然没有针对COVID-19的特定治疗方法，但是您应该多休息，多喝水，并在必要时服用退烧药物。
- 尽可能居住于家中的特定房间，并使用单独的卫生间。始终与家中其他人保持至少六英尺的距离。请勿共用生活用品。
- 让他人来照顾您的宠物。尽管尚无动物感染COVID-19且患病的报道，但在人们尚未了解更多信息之前，病毒携带者应限制与动物的接触。如果须由您来照顾宠物，请在接触前后洗手。
- 与他人保持联系——利用通讯技术与亲朋好友交流。

### 日常清洁和洗涤：

- 对您居住的单独房间和卫生间的表面进行清洁和消毒。让其他人来清洁您房屋的其他区域。
- 家用物品（如厨房用具）在使用后彻底清洗。
- 经常用肥皂和水洗手，每次至少20秒钟。如果没有肥皂和水，则使用含酒精洗手液。

### 何时须立即就医：

如果您出现呼吸困难、胸痛、意识模糊，或嘴唇、牙龈、面部、眼睛周围或指甲的颜色发生变化，请立即就医。当您致电请求医疗服务时，请告知医疗保健提供者或911，您是COVID-19患者且正在居家隔离。

### 在您具有传染性时与您有密切接触的人应居家隔离，即使他们没有症状也要居家隔离：

- 在您具有传染性期间（从出现任何症状的两天前开始，至治愈为止）与您有密切接触的人应居家隔离。他们可以参考[“如果您是COVID-19确诊患者的密切接触者，该怎么做”](#)指南。您的密切接触者的密切接触者不需要遵循该指南（除非他们有症状）。

- 密切接触是指相隔的距离长时间不超过六英尺。密切接触并不包括在相同的室内环境中长时间相隔六英尺以上距离、在同一房间中擦肩而过或短时间处于同一房间。

密切接触者举例	非密切接触者举例
您与患者居住在同一个房屋	您曾在杂货店为患者收银
您与患者是亲密伴侣	您是曾为患者拿药的药剂师
您曾与具有传染性的患者同乘一辆车	您曾在商店里排队排在患者的前面
您曾与具有传染性的患者共进晚餐	您是患者的同事，曾短暂经过并询问一个问题

在您治愈后，则可以安全地终止居家隔离。这须同时满足以下三个条件：

1. 在不使用退烧药物的情况下，整整三天不再出现发热，并且
2. 其他症状有所改善，并且
3. 自症状首次出现以来，已经过去至少七天。

## 两种隔离 (“isolation”与“quarantine”) 之间的区别

	治疗性自我隔离 ( self-isolation)	监测性自我隔离 ( self-quarantine)
适用人群	<p>出现 <b>COVID-19</b> 症状者</p> <ul style="list-style-type: none"> <li>• 适用于病情不佳而需要住院的 <b>COVID-19</b> 患者, 或者</li> <li>• 适用于等待检测结果的人</li> </ul>	<p>未出现 <b>COVID-19</b> 症状者</p> <ul style="list-style-type: none"> <li>• <b>COVID19</b> 患者的密切接触者</li> </ul>
隔离时间	<p>直至恢复, 须同时满足以下三个条件:</p> <ol style="list-style-type: none"> <li>1. 在不使用退烧药物的情况下, 整整三天不再出现发热, 并且</li> <li>2. 其他症状有所改善, 并且</li> <li>3. 自症状首次出现以来, 已经过去至少七天。</li> </ol>	<p>自可能暴露日期起 14 天。暴露日期是第 0 天。</p>
隔离方法	<p>待在房子里单独的房间里, 使用单独的卫生间, 避免与他人接触。</p>	<p>全天 24 小时待在家中, 监测症状并保持社交距离。如条件允许, 使用单独的房间和卫生间。如果您出现症状, 则您的密切接触者也应该自我隔离 ( self-quarantine) 。</p>

有关更多信息, 请访问我们的网站: [www.healthvermont.gov/COVID-19](http://www.healthvermont.gov/COVID-19)

## What to do if you are diagnosed with COVID-19

### Isolate at home:

- Don't leave home, except to get medical care. Call ahead before visiting a health care provider or emergency department.
- Most people with mild illness can recover at home. While there is no specific treatment for COVID-19, you should get plenty of rest, drink plenty of fluids, and take fever-reducing medication if needed.
- As much as possible, stay in a specific room in your home and use a separate bathroom. Stay at least six feet away from others in your home at all times. Don't share household items.
- Have someone else care for your pets. Although no animals have been reported to get sick with COVID-19, people with the virus should limit contact with animals until more information is known. If you do care for your pet, wash your hands before and after.
- Stay connected with others – use technology to communicate with friends and family.

### Daily cleaning and washing:

- Clean and disinfect surfaces in your separate room and bathroom. Have someone else clean the other areas of your home.
- Thoroughly wash household items, like utensils, after using.
- Wash your hands often with soap and water for at least 20 seconds. Use alcohol-based hand sanitizer if soap and water aren't available.

### When to get medical care immediately:

If you have difficulty breathing, chest pain, confusion, or changes in color on your lips, gums, face, around the eyes, or nails, seek medical care immediately. When you call for medical care, tell the provider or 911 that you have COVID-19 and are isolating at home.

### People who have been in close contact with you while you were infectious should quarantine at home – even if they don't have symptoms:

- People that were in close contact with you during your infectious period, which starts two days before any symptoms began, and continues until you have recovered, should quarantine at home. They can refer to the [“What to do if you are a close contact of someone who is diagnosed with COVID-19”](#) guide. Close contacts of your close contacts do not need to follow the guidelines (unless they have symptoms).
- Close contact means being within six feet for a long time. Close contact does not mean being more than six feet away in the same indoor environment for a long period of time, walking by, or briefly being in the same room.

Examples of close contacts	Examples of NOT close contacts
People living in the same home	Cashier at the grocery store
Intimate partners	Pharmacists who gave you medication
People who rode in the same car while you were infectious	The person in front of you in line at the store
Friends who had dinner together while you were infectious	Coworker who briefly walked by to ask a question

**It's safe to stop home isolation when you've recovered. This is when all three things have happened:**

1. It's been three full days of no fever without the use of fever-reducing medication, and
2. Other symptoms have improved, and
3. At least seven days have passed since your symptoms first appeared.

#### **Difference between isolation and quarantine**

	<b>Self-isolation</b>	<b>Self-quarantine</b>
For whom?	People with symptoms of COVID-19 <ul style="list-style-type: none"> <li>• For people with COVID-19 who aren't sick enough to be hospitalized, or</li> <li>• For people who are waiting for test results</li> </ul>	People with no symptoms of COVID-19 <ul style="list-style-type: none"> <li>• Close contacts of people with COVID-19</li> </ul>
For how long?	Until recovery, which happens when all three have happened: <ol style="list-style-type: none"> <li>1. It's been three full days of no fever without the use of fever-reducing medication, and</li> <li>2. Other symptoms have improved, and</li> <li>3. At least seven days have passed since your symptoms first appeared.</li> </ol>	For 14 days since the date of possible exposure. The day of the exposure is Day 0.
What does it mean?	Staying in a separate room in the house, using a separate bathroom, avoiding contact with others.	Staying home 24/7, monitoring for symptoms, and practicing social distancing. If possible, using a separate room and bathroom. If you become symptomatic, your close contacts should also self-quarantine.

More information is available on our website: [www.healthvermont.gov/COVID-19](http://www.healthvermont.gov/COVID-19)